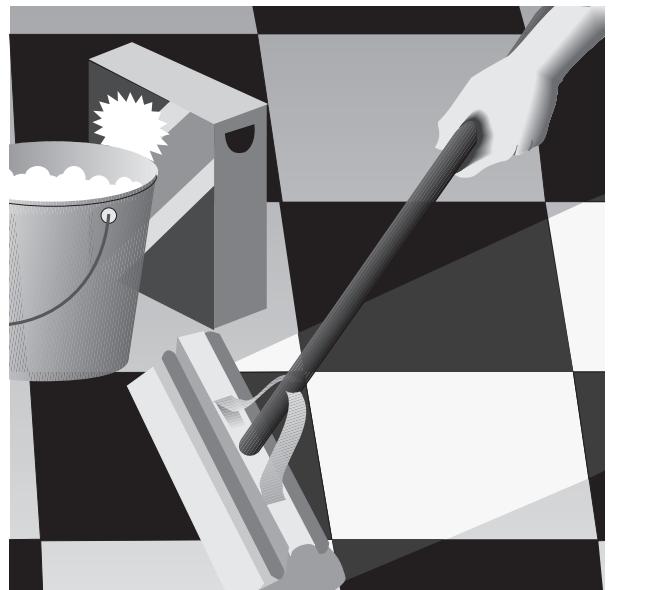


*cov kev ua yooj yim los pab tiv
thaiv koj tus menuam los ntawm*

HMOOV TXHUAAS

Hmoov txhuas yuav ua mob tau rau koj tus menuam. Ua raws li cov lus nram qab no los pab kom koj tus menuam tsis txhob muaj kev phom sij los ntawm hmoov txhuas.



Tu kom koj lub tsev du lug thiab kom tsis txhob muaj plua tshauv. Txhuam tsev, muab ntaub ntu los so cov npoo ntawm qhov rais, nqus tsev, thiab ntxuav tag nrho cov chaw kom ntawm. Siv tshuaj ntxuav tsev thiab xaus dej huv los yaug. Qhov no ua rau kom cov hmoov txhuas hauv cov plua tshauv tsis txhob nthuav mus rau lwm qhov chaw hauv lub tsev.

Tsis txhob cia koj tus menuam zom tej yam uas muaj yeeb yuj pleev tsev los sis noj cov yeeb yuj uas nti, cov av los sis av nkos. Hmoov txhuas nyob hauv cov yeeb yuj pleev tsev qub qub yog qhov uas raug lom los ntawm hmoov txhuas tshaj.



Yuav tsum tau ntxuav koj tus menuam txhais tes kom ntawm. Tshwj xeeb tshaj yog ua ntej noj mov thiab ua ntej yuav mus pw. Ntxuav koj tus menuam txhais tes thiab cov khoom ua si kom ntawm. Cov plua tshauv hmoov txhuas yuav lo tau rau ntawm txhais tes thiab cov khoom ua si uas menuam yaus muab tso rau hauv lawv lub qhov ncau.

Pub cov khoom noj thiab cov khoom txom ncauj uas zoo rau koj tus menuam noj. Xyuas kom cov khoom noj muaj zaub ntsuab, thiab cov khoom noj uas muaj:

- cov khoom noj uas muaj calcium (mis nyuj, cheese, yogurt, hmoov nplej pob kws, taum hwv los sis noob taum)
- cov khoom noj uas muaj iron (nqaij, nqaij qaib, cov cereal uas muaj iron, thiab raisins thiab lwm yam txiv hmab txiv ntoo uas qhuav)
- cov khoom noj uas muaj vitamin C (txiv kab ntxwv thiab kua txiv kab ntxwv, txiv lws zoov thiab kua txiv lws zoov, thiab txiv lws suav thiab kua txiv lws suav)

Calcium, iron thiab vitamin C pab ua kom hmoov txhuas tsis txhob ua mob rau koj tus menuam.

Hle khau los sis so rau ntawm daim ntaub ntawm qhov rooj ua ntej nkag mus rau hauv koj lub tsev. Qhov no ua rau kom cov plua tshauv hmoov txhuas nyob rau sab nraum zoov.



Txav cov rooj tog kom deb ntawm cov yeeb yuj pleev tsev uas tawg los sis nti. Xyuas kom cov txaj rau menuam mos pw, lub txaj rau menuam yaus ua si, cov txaj pw thiab cov rooj siab rau menuam yaus zaum nyob deb ntawm cov yeeb yuj uas puas no. Qhov no pab kom cov yeeb yuj nti thiab cov plua tshauv nyob deb ntawm koj tus menuam.

Cog ntoo, nyom thiab lwm yam nroj tshuag, los sis muab pob zeb, av khov, ntoo los sis xuab zeb. Los leem rau cov av uas nyob sab nraum zoov uas cov menuam yaus ua si. Qhov no pab kom cov yeeb yuj nti thiab cov plua tshauv nyob deb ntawm koj tus menuam.

Hloov cov khaub ncaws ua hauj lwm thiab khaub, thiab ntxuav los sis da dej ua ntej los tsev yog hais tias koj ua hauj lwm nrog hmoov txhuas. Hmoov txhuas muaj nyob ntaub ntawm cov chaw ua hauj lwm:

- Cov chaw uas pleev yeeb yuj thiab cov chaw kho tshib
- Cov khw kho cov taub dej kub ua kom tuaj cuasov (radiator)
- Cov chaw uas ua los sis muab cov roj teeb rov ua dua tshib

Kom koj tus tswv cuab hauj lwm qhia rau koj seb koj puas ua hauj lwm nrog hmoov txhuas. Menuam yaus yuav raug lom tau los ntawm cov plua tshauv uas nqa los tsev ntawm cov neeg ua hauj lwm thiab lawv cov khaub ncaws thiab khau.



Tsis txhob siv cov tais diav los sis lauj kaub uas ua txawv теб chaws tuaj, cov uas qub qub lawm, los sis cov uas xuas tes ua rau cov khoom noj los sis dej haus ntshe yog hais tias tau soj ntsuam cov ntawm lawm es lawv tsis muaj hmoov txhuas nyob rau hauv.

Tsis txhob txhuam, txhuam thaum qhuav, xuas tshuab los ntxuav, nti, los sis xuas tshuab los txhuam cov yeeb yuj pleev tsev. Ntshe yog hais tias twb tau soj ntsuam lawm thiab koj paub hais tias cov yeeb yuj pleev tsev ntawm tsis muaj hmoov txhuas nyob rau hauv. Cov plua tshauv hmoov txhuas uas los ntawm cov yeeb yuj pleev tsev yuav kis tau thiab lom tau koj tsev neeg, cov tsiaj yug hauv tsey, thiab cov neeg nyob ib ncig.

Hu rau Kev Pab Cuam Tiv Thaiv Kev Lom Los Ntawm Hmoov Txhuas Thaum Menyuam Yaus es xyuas seb yuav soj ntsuam koj cov tais diav, lauj kaub, thiab cov yeeb yuj pleev tsev li cas.

Nco ntsoov xyuas kom cov khoom uas koj nqa los tsev tsis txhob muaj hmoov txhuas nyob rau hauv. Cov khoom no feem ntaub muaj hmoov txhuas nyob rau hauv:

- cov tshuaj pab tom tsev (cov hmoov uas yog yeeb yuj kab ntxwv ci ci, daj, los sis dawb) zoo li Greta, Azarcon, Paylooah, los sis Liga
- tshuaj pleev plhu zoo li Kohl thiab Surma
- ib co khoob noom uas xa txawv теб chaws tuaj, tshwj xeeb tshaj yog cov khoob noom uas tuaj Mev Teb tuaj uas xuas txiv maj qham ua

Tsis txhob ua si rau tej yam uas siv hmoov txhuas. Hmoov txhuas yog siv los txuas los sis muab cov txhuas tso ua ke thiab ua ib co iav uas zoo nkauj heev. Hmoov txhuas tseem muaj nyob hauv cov mos txwv thiab cov thaub noov ntses.

Nrog koj tus menuam tus kws kho mob tham es xyuas seb yuav cov koj koj tus menuam mus soj ntsuam seb puas muaj hmoov txhuas li cas. Tej zaum yuav tau tso koj tus menuam cov ntshav coj mus soj ntsuam seb puas raug lom los ntawm hmoov txhuas. Feem ntawm sim cov menuam thaum uas lawv muaj 1 thiab 2 xyoos. Ib co menuam uas muaj 2 xyoos rov sauv tseem yuav tau soj ntsuam thiab.

Feem ntawm cov menuam uas raug lom los ntawm hmoov txhuas tsis zoo li nws muaj mob los sis tsis coj li nws muaj mob. Kev soj ntsuam ntshav tsuas yog tib txoj kev uas yuav paub seb koj tus menuam puas raug hmoov txhuas lom.

Yog Vim Li Cas Hmoov Txhuas Ho Phom Sij? Hmoov txhuas yuav ua kom lub hlwb puas tau. Kev lom los ntawm hmoov txhuas yuav ua rau kom koj tus menuam kawm ntawm, kev mloog lus thiab coj cwj pwm nyuaj.

Cov menuam yau raug lom los ntawm hmoov txhuas ntawm dua cov menuam uas hlob zog. Hmoov txhuas tseem phom sij dua rau lawv.

Yog hais tias koj cev xeeb tub, tej zaum hmoov txhuas yuav ua mob tau rau koj tus menuam. Nug koj tus kws kho mob txog kev soj ntsuam seb puas muaj hmoov txhuas.

Hu rau Kev Pab Cuam Tiv Thaiv Kev Lom Los Ntawm Hmoov Txhuas Thaum Menyuam Yaus los sis mus saib on-line ntawm:

www.dhs.ca.gov/childlead



CHILDHOOD
LEAD POISONING
PREVENTION
BRANCH
California Department of Health Services

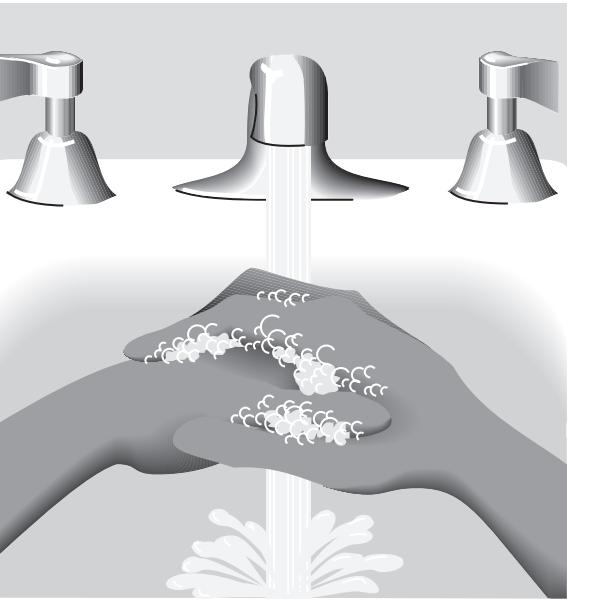
simple steps to protect your child from **LEAD**

Lead can hurt your child. Take these steps to keep your child safe from lead.



■ Keep your home clean and dust-free. Wet mop floors, wet wipe window sills, vacuum, and wash all surfaces often. Use household cleaner and rinse with clean water. This keeps lead in dust from spreading in the house.

■ Do not let your child chew on painted surfaces or eat paint chips. Lead from old paint is the most common cause of lead poisoning.



■ Wash your child's hands often, especially before eating and sleeping. Also wash your child's toys often. Lead dust can stick to hands and toys that children put into their mouths.

■ Feed your child healthy meals and snacks regularly. Make sure meals include vegetables, and foods rich in:

- **calcium** (milk, cheese, yogurt, corn tortillas, tofu or bean curd)
- **iron** (meat, chicken, cooked dried beans, iron-fortified cereals, and raisins and other dried fruit)
- **vitamin C** (oranges and orange juice, grapefruit and grapefruit juice, and tomatoes and tomato juice)

Calcium, iron and vitamin C help keep lead from hurting your child.

■ Take off shoes or wipe them on a doormat before going inside. This keeps lead dust outside.

■ Keep furniture away from paint that is chipped or peeling. Make sure cribs, playpens, beds and high chairs are away from damaged paint. This helps keep lead in paint chips and dust away from your child.

■ Plant bushes, grass and other plants, or lay paving stones, concrete, bark, or gravel to cover bare dirt outside where children play. This keeps lead in the dirt away from your child.

■ Change out of work clothes and shoes, and wash up or shower before coming home if you work with lead. Lead is in many workplaces:

- Painting and remodeling sites
- Radiator repair shops
- Places that make or recycle batteries

Ask your employer to tell you if you work with lead. Children can be poisoned from lead dust brought home on workers and their clothes and shoes.

■ Do not use imported, older, or handmade dishes or pots for food or drinks unless they have been tested and do not have lead in them.

■ Never sand, dry scrape, power wash or sandblast paint unless it has been tested and does not have lead in it. Lead dust from paint can spread and poison your family, pets, and neighbors.

Call your local Childhood Lead Poisoning Prevention Program to find out about testing your dishes, pots, and paint.

■ Be sure that products you bring home do not have lead in them. These products often have lead in them:

- **home remedies** (bright orange, yellow, or white powders) like Greta, Azarcon, Paylooh, or Liga
- **make-up** like Kohl and Surma
- **some imported candies**, especially candies from Mexico made with tamarind fruit

■ Avoid hobbies that use lead. Lead is used to solder or join metal and to make stained glass. Lead is also in bullets and fishing sinkers.

■ Talk to your child's doctor to find out about testing your child for lead. Your child may need a blood test for lead poisoning. Most children are tested at 1 and 2 years old. Some children over 2 also need to get tested.

Most children who have lead poisoning don't look or act sick. A blood test for lead is the only way to know if your child has lead poisoning.

Why Is Lead Dangerous?

Lead can harm the brain. Lead poisoning can make it hard for a child to learn, pay attention and behave.

Young children get lead poisoning more often than older children. Lead is also more harmful to them.

If you are pregnant, lead can hurt your baby. Ask your doctor about a lead test.

Call your local Childhood Lead Poisoning Prevention Program if you have questions about childhood lead poisoning, or check on-line at:

www.dhs.ca.gov/childlead

